



## HEALTHY LIVING Fettuccine Alfredo

READY IN



20 min.

SERVINGS



20

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.3 cups chicken broth fat-free reduced-sodium
- 0.5 lb fettuccine barilla uncooked
- 4 tsp flour
- 2 Tbsp parsley fresh chopped
- 0.3 tsp ground nutmeg
- 3 Tbsp parmesan cheese divided grated kraft
- 0.1 tsp pepper
- 0.3 cup philadelphia

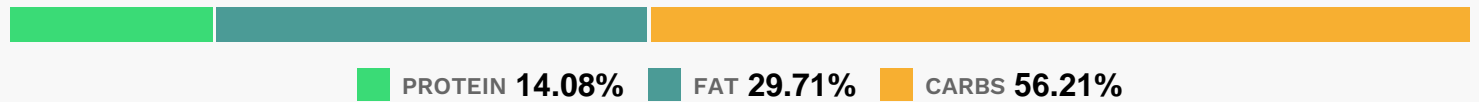
## Equipment

- frying pan
- sauce pan
- whisk

## Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, whisk broth and flour in medium saucepan until blended.
- Add reduced-fat cream cheese, 2 Tbsp. Parmesan, nutmeg and pepper; stir. Cook 2 min. or until mixture comes to boil and thickens, stirring constantly.
- Drain pasta; return to pan.
- Add sauce; toss to coat.
- Sprinkle with remaining Parmesan and parsley.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:3.68, Inflammation Score:-1, Nutrition Score:2.3926086969998%

## Flavonoids

Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

## Nutrients (% of daily need)

Calories: 62.28kcal (3.11%), Fat: 2.06g (3.16%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 8.35g (3.04%), Sugar: 0.39g (0.43%), Cholesterol: 14mg (4.67%), Sodium: 85.64mg (3.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Selenium: 9.97µg (14.25%), Vitamin K: 6.4µg (6.1%), Manganese: 0.11mg (5.26%), Phosphorus: 38.42mg (3.84%), Copper: 0.04mg (1.95%), Vitamin A: 96.44IU (1.93%), Magnesium: 7.67mg (1.92%), Zinc: 0.28mg (1.86%), Vitamin B3: 0.35mg (1.75%), Vitamin B1: 0.02mg (1.66%), Fiber: 0.41g (1.63%), Iron: 0.29mg (1.59%), Vitamin B2: 0.03mg (1.58%), Calcium: 15.53mg (1.55%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.15mg (1.48%), Vitamin B12: 0.08µg (1.33%), Folate: 5.15µg (1.29%), Potassium: 41.1mg

(1.17%)